

IMPORTANT!!!

FMNP recipients are limited to a first come first served basis.

The WIC FMNP coupons are issued one time only. If they are lost, stolen or misplaced, they can not be replaced.

The WIC FMNP coupons may only be accepted and redeemed by a FMNP authorized farmer.

WIC recipients must use the coupons within the period of the WIC FMNP operations.

WIC FMNP Benefits

Benefits WIC Recipients

WIC Recipients with an opportunity to improve their health by eating more nutritious fresh fruits and

vegetables.

Introduces WIC FMNP families to farmers' markets and teaches them to select and prepare a wide variety of locally grown produce.

Benefits Family Farms

Supports local agriculture by increasing sales at farmers' markets, where groups of farmers sell directly to consumers.

Promotes expansions and diversification of family farms by stimulating the production of fresh fruits and vegetables.

Benefits Communities

Helps revitalize downtown areas by supporting the farmers' market as an activity that benefits the entire community.

Promotes the development of farmers markets to communities lacking access to fresh produce.

Fruits & Vegetables Can...

- Give you energy,
- Give you vitamins, minerals and dietary fiber,
- Lower your chances of getting cancer or heart disease,
- Add color, flavor and variety to meals and snacks,
- Be low in calories and naturally fat free

2018 Participating Authorized Farmers	
No.	Name of Farmer
1	William C. McDonald
2	Joseph N. Salas
3	Marilyn C. Salas
4	Estrellita B. Munoz
5	Elpidio D. Granil
6	Lida G. Lumampao
7	Consolacion U. Pere
8	Alma G. Paloma
9	Farm to Table Guam, Corp
10	Cesario M. Mangsat

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- (1) mail: U.S. Department of Agriculture
Office the Assistant Secretary
for Civil Rights 1400
Independence Avenue, SW
Washington, D.C. 20250-
9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Department of Public Health and Social Services The Special Supplemental Nutrition Program for Women, Infants and Children Guam WIC Program

Farmers' Market Nutrition Program (FMNP) Information Pamphlet and Schedule



**“EATING FRESH FRUITS AND VEGETABLES
EVERYDAY MEANS HEALTHY”**

What is the Guam WIC Farmers' Market Nutrition Program (FMNP)?

It's 100% federally funded program with two objectives:

- To provide resources to women and children who are nutritionally at risk in the form of fresh, nutritious, unprepared foods (such as fruits and vegetables) from farmers' markets; and
- To expand the awareness and use of farmers' markets and increase sales at such markets.

How does the program work?

When a recipient of the WIC program (women and children) come in to a WIC clinic for a scheduled appointment during the FMNP period of operations, they will be provided with:

- Information about the WIC FMNP.
- List of authorized WIC FMNP farmers.
- Market schedules and locations.
- Educational materials on the benefits of WIC FMNP coupons.

The WIC FMNP recipient may then go to a WIC FMNP Farmers' Market sites, Roadside Stand and use the coupons to purchase fresh, nutritious locally grown fruits and vegetables from authorized farmers.

Things to Remember:

- Your FMNP Coupons may be used only at Approved Farmers' Market sites and/or Roadside stands
 - Look for farmers at the farmers' market site or roadside stand who display the poster that reads **"WE ACCEPT FMNP COUPONS"** (as shown in front of the pamphlet)
 - Bring your WIC ID and coupons
 - Use your Farmers' Market coupons as soon as possible.
 - Remember if you purchase items with your Farmers' Market coupons, change will not be given. Take some cash with you to the market. Each coupon is worth \$2.00 and farmers are NOT allowed to give change for a coupon. They will give you a coupon worth of produce, but if the food you want costs a little over \$2.00, it is better to pay the extra cash than waste part of a coupon.
 - Choose well-colored fruits and vegetables that are firm, but not hard. Ask the farmer if you have any questions.
 - Your FMNP coupons must be used by **September 15, 2018**
- ✓ Be adventurous - try something new!
- **HINT: Some of the best tasting fruits and vegetables are the least appealing to the eye**

FARMERS' MARKET SITES SCHEDULE

MON-WED-FRIDAY
8 am - 5 pm

DPHSS sites are closed
on GOVGUAM Holidays

NORTHERN

1) DPHSS Northern
Dededo Public Health
Center Parking lot
(Call 635-7471/72)

CENTRAL

2) DPHSS Mangilao
Public Health Center
Parking lot (Call 735-7180)

3) DPHSS Tiyan WIC
Office front lawn
(Call 475-0292)

4) Mangilao Night Market
Across Mayor's Office,
Route 10. (Call 475-0292)

TUESDAY NIGHT
6 pm — 8 pm

SOUTHERN

5) Sagan Bisita, Route 2
Next to Agat Mayor's
Mayor's Office

MONDAY, FRIDAY
10 am — 2 pm
AND
WEDNESDAY Night
10 am — 9 pm

CENTRAL

6) Hagatna, Route 1
Marine Corps. Drive
Chamorro Village
(Tents/Shop in front of
the main entrance)

SATURDAY & SUNDAY
6 am — 12 pm

NORTHERN

7) Dededo Flea Market
Route 1, Marine Corps Dr.

ROADSIDE STANDS SCHEDULE

AGANA HEIGHTS

Agana Heights
Mayor's Office
Monday - Saturday
Open 9 am - 6 pm

AGAT

Agat Mayor's Office
Monday - Friday/Sunday
Open 9 am - 6 pm